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**Abstract of the Disclosure**

10 A system and method for measuring the fly height of a head flying over a disc in a disc drive is disclosed. A head is vertically spaced from a rotating disc surface by an air bearing surface. The disc has one or more radial grooves in the surface of the disc. As the disc rotates, the radial grooves on the disc pass under the head and induce a perturbation in the signal. By measuring the perturbations in the signal caused by the grooves in the disc surface, and by processing the measurement signal, a vertical spacing signal proportional to the vertical spacing between the disc and the head can be obtained.

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